



PLAY RUGBY WITH YOUR LOCAL CLUB

Check the websites regularly for news of training and events



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Millwall Rugby Club is based on the Isle of Dogs/Canary Wharf area and is the only rugby club in Tower Hamlets. We have a new and growing youth section for those aged 8 to 17 looking to have fun playing the game and learning new skills. 3 adult teams (including a social side) play most Saturdays throughout the season. The first XV play in Essex 2 this season having won promotion. This will be an exciting challenge for the club, now in it's 10th year.

Training and playing

Our adult training sessions are held on Wednesday evenings, from 7:30pm to 9:00pm, and our youth sessions are on Sundays from 12:00pm to 2:00pm. All training sessions during the season are FREE and on the Lower Paddock at Mudchute Park & Farm. Check the website for summer training arrangements.

Come along and join in any of our sessions or simply enjoy the match!

Youths call 07782 153651 www.millwallkids.com

Adults call 07944 697363 www.millwallrugby.com